CLOTHING + STYLE

Fabric Frequencies: He
Healthiest Fabrics T

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When we think about staying healthy, we often focus on eating righ sleep. But here's something you might not have thought about: *th you surround yourself with*. Natural fibers like linen, wool, and her environment — they also vibrate at frequencies that may help boost your e support your overall well-being.

Here's a full breakdown of high-vibration fabrics, and the others that migh

What Are Fabric Frequencies, and Why Do They M

Everything in the universe vibrates, including the clothes we wear. The vibr measure of its energy. Natural fabrics like linen, wool, and hemp have muc synthetic materials like polyester and rayon. This means they carry more e body in a positive way.

Common Fabric Frequencies:

- Linen: 5,000 Hz

Natural fabrics like linen and wool vibrate at levels that match or even enh
Synthetic materials, on the other hand, vibrate at much lower frequencies,
energy. Simply put, what you wear matters — and natural fabrics may be y
and healthy.

with the human body. She discovered that the human body emits a compl dynamic and highly responsive to its environment. Her findings suggest th frequencies may harmonize with the body's energy field, promoting physic

For example, linen — a fabric that's been used for centuries in bedding and frequency of 5,000 Hz. This could explain why linen bedding is often assoc rejuvenation. Wool, another high-frequency fabric, has insulating and mois ideal for maintaining body temperature and comfort.

How Natural Fabrics Can Benefit Your Health

Switching to natural fibers isn't just about style or sustainability. It's about some of the health benefits that come with choosing high-frequency fabri

Increased Energy Levels

Wearing fabrics like linen and wool can help your body maintain its natura more energy, an uplifted mental state, and less fatigue throughout the day

Better Temperature Regulation

Natural fibers are breathable and moisture-wicking, helping your body sta the winter. This comfort can also improve your sleep and overall mood.

Fewer Allergies and Skin Irritations

Materials like organic cotton and linen are naturally hypoallergenic and res perfect for people with sensitive skin or allergies.

Reduced Exposure to Toxins

Many synthetic fabrics are treated with chemicals that can irritate your sk Natural fabrics are often free from harmful additives, especially if they're c

Linen = the most healing material for beddi

Why Synthetic Fabrics Fall Short

In today's world, synthetic fabrics like polyester and rayon dominate the m
easy to produce. But they come with significant downsides:

- *Low Vibrations:* With frequencies around 15 Hz, synthetic fabrics don't a
and may even lower it.
- *Chemical Exposure:* Synthetics are often made with harsh chemicals a
leach into your body over time (microplastics, too.)
- *Environmental Harm:* Synthetic fibers are also non-biodegradable and

Natural fabrics like linen and wool aren't just scientifically fascinating — th
significance for thousands of years.

- The Bible: Linen and wool are mentioned repeatedly in the Bible. Priest
garments made of pure linen, symbolizing purity and connection to the
the dead, signifying respect and holiness.
- The Torah: The Torah prohibits mixing linen and wool in the same garm
reasons are debated, the rule highlights the unique properties and imp
- Ancient Egypt: Linen was so valued in Ancient Egypt that it was used a
signifying its sacred and enduring qualities.

Across cultures, linen and wool have been seen as more than just material
enhancing, even sacred.

The Healthiest Fabrics to Wear

If you're ready to make a change, start by incorporating natural fibers into
healthiest fabrics to wear:

- Linen: Lightweight, breathable, and incredibly high in frequency, linen i
keep your body energized.
- Wool: Great for colder months, wool provides insulation while maintaini
- Hemp: Durable and eco-friendly, hemp is a versatile choice for everyda

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*Editor's Note: This article does not contain medical advice. We er
your trusted healthcare provider before making any decision
wellbeing.*

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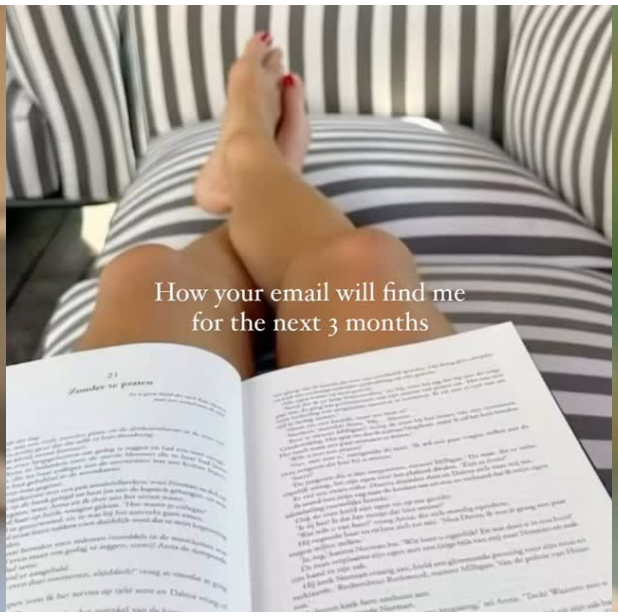

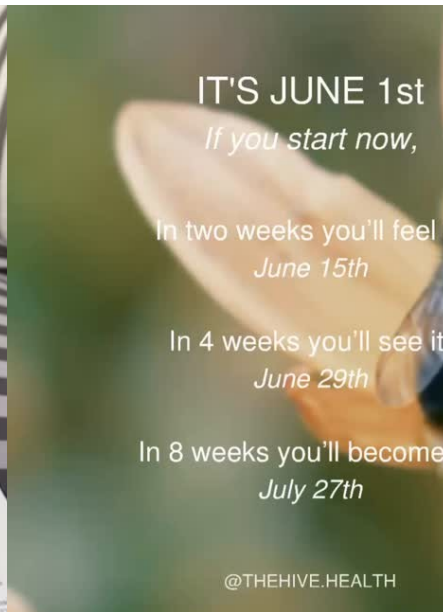

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